



Healthy  
**ILLINOIS**  
*2021*



# STATE HEALTH IMPROVEMENT PLAN

*DRAFT: MARCH 2016*

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For more information, please visit:  
[www.healthycommunities.illinois.gov](http://www.healthycommunities.illinois.gov)

Dear Illinois Stakeholders:

Thank you for your interest in the Healthy Illinois 2021 initiative. In January 2016, I shared the State Health Assessment that focused on the current state of health in Illinois. Here you will find part two of this initiative, the State Health Improvement Plan. This document represents the culmination of a yearlong process, where stakeholders have committed to bringing their ideas and expertise to the table in order to improve the health of all Illinois residents. I appreciate the work that went into the creation of the State Health Assessment and State Health Improvement Plan, and am eager to share this information with you.

Healthy Illinois 2021 represents three statewide initiatives working to improve the health of Illinois residents. The Illinois Department of Public Health (IDPH) recognizes the need to assess the health status of Illinois residents, and to establish health improvement strategies that address identified health issues and disparities. The State Health Improvement Plan details the approaches and strategies that can lead to health improvement in our priority areas: behavioral health, chronic disease, and maternal and child health. Healthy Illinois 2021 also includes the State Innovation Model initiative, which is focused on strengthening the health care system Illinois.

Healthy Illinois 2021 was made possible through the work and effort of many individuals and organizations across the State of Illinois. Participants were convened by the Illinois Department of Public Health (IDPH), the Illinois Governor's Office, and the University of Illinois at Chicago School of Public Health, MidAmerica Center for Public Health Practice.

Members of the Healthy Illinois 2021 Planning Council guided this process using their experience and statewide perspective. I'm grateful for their work and commitment. Action Team members worked specifically on the Healthy Illinois 2021 health improvement strategies, and the co-chairs for the Action Teams provided leadership and direction.

In order to move forward with this plan, we will continue to count on your partnership and commitment to this process. I look forward to continuing this important health improvement work with you.

Nirav Shah, M.D., J.D.  
Director, Illinois Department of Public Health



## Executive Summary

### Background

Leading health improvement and tackling health equity is the mission of the public health system. In the state of Illinois, one initiative to fulfill this mission is through a coordinated project entitled Healthy Illinois 2021. This process is comprised of three statewide initiatives: the State Health Assessment (SHA), the State Health Improvement Plan (SHIP) and the State Innovation Model (SIM). These initiatives work together to coordinate and align plans, processes and resources to drive health improvement and work toward health equity.

The Healthy Illinois 2021 SHIP was made possible through the collaborative and coordinated effort of many individuals and organizations across the state of Illinois. Participants were convened by the Illinois Department of Public Health (IDPH), the Illinois Governor's Office, and the University of Illinois at Chicago School of Public Health, MidAmerica Center for Public Health Practice. The Healthy Illinois 2021 Planning Council, appointed by Governor Bruce Rauner in 2015, guided the overall initiative and included representation from numerous sectors including transportation, education, health care, environment and social service.

The first product of Healthy Illinois 2021, the SHA, was completed in January 2016. This companion document, the SHIP, represents the work of numerous stakeholders sharing their knowledge and expertise. This process began with a review of existing state agency existing plans and reports, continued with numerous qualitative and quantitative information-gathering sessions across the state and culminated with the development of action plans, led by key stakeholders with expertise in the health priority areas.

The fruit of this labor is described in this State Health Improvement Plan document which outlines, at a high level, the goals, measures and strategies to improve health of Illinois residents specifically in the areas of behavioral health, chronic disease and maternal and child health. The SHIP builds on the work of the SHA by providing a blueprint to address the health priorities. The SHIP should guide overarching statewide goals and objectives that organizations can adopt to align their work. This plan is not stagnant; it is expected to be built upon and refined as Illinois embarks on implementation.

### Method (Action Planning Process)

The framework used for the development of the SHIP was based on an iterative assessment process with several layers of input from key stakeholders. Data that informed the process was obtained from several sources, including local needs assessments such as IPLANs and community health needs assessments; state agency reports used to identify statewide strengths, opportunities and barriers; focus groups and presentations conducted across the state; and health status data. From this process, Planning Council members established a preliminary list of health priorities (see State Health Assessment).

The State Health Improvement Plan process focused on developing action plans to address the health priorities identified in the State Health Assessment: behavioral health, chronic disease, and maternal and child health. Action Teams were established as an opportunity to broadly engage stakeholders, and to build commitment and

accountability around the health priorities. The action planning process relied heavily upon the expertise of key stakeholders working within the behavioral health, chronic disease and maternal and child health arenas and keeping the description of the operational vision in mind.

Action Teams were charged with developing action plans and were provided tools to assist goal development activities, including guiding principles, criteria, and a strategy selection process. Additionally, with respect to strategy development and in line with the national movement to promote primary care and governmental public health integration for population health improvement, Action Teams considered strategies that focused on traditional clinical prevention interventions, innovative clinical prevention, and total population or community-wide prevention.

In addition to describing the overall process of goal and strategy selection, the SHIP includes specific examples depicting how strategies can be implemented.

### **Results (Implementation Recommendations)**

Implementation recommendations were developed in six areas with a heavy focus on goals, objectives, and strategies related to the health priorities. In addition to recommendations specific to improving behavioral health, chronic disease and maternal and child health outcomes in Illinois, recommendations also focused on the role of the public health system as well as the need to fully integrate social determinants of health and access to quality care throughout.

#### Public Health System Role

Conversations across all Action Teams helped frame key implementation recommendations stressing the need for overall infrastructure to ensure plan implementation. Collection, distribution, and utilization of data in a useful and uniformed way were deemed areas for the heavy involvement of the public health system.

#### Social Determinants of Health and Access to Quality Care

The Planning Council recommended that social determinants of health and access to quality care be a priority at the start of the implementation stage; these priorities were repeatedly mentioned during the strategy selection process of the Action Teams and were overwhelmingly agreed upon as implementation requirements for the overall plan. The culminating discussions about the SHIP emphasized the need for continued and even more focused recommendations to address the social determinants of health.

### Health Priority Action Plans

More than 80 individuals and organizations participated in one of the three Health Priority Action Teams. After exploring both health data and national, state and local resources, goals, objectives, and strategies were developed intended to achieve health improvement and tackle health equity.

### Healthy Illinois 2021 Healthy Priority Action Team Goals

Behavioral Health	Chronic Disease	Maternal and Child Health
<ol style="list-style-type: none"> <li>1. Improve the collection, utilization and sharing of behavioral health-related data in Illinois</li> <li>2. Build upon and improve local system integration</li> <li>3. Reduce deaths due to behavioral health crises</li> <li>4. Improve the opportunity for people to be treated in the community rather than in institutions</li> <li>5. Increase behavioral health literacy and decrease stigma</li> <li>6. Improve response to community violence</li> </ol>	<ol style="list-style-type: none"> <li>1. Increase Opportunities for Healthy Eating</li> <li>2. Increase Opportunities for Active Living</li> <li>3. Increase Opportunities for Tobacco-Free Living</li> <li>4. Increase Opportunities for Community-Clinical Linkages</li> </ol>	<ol style="list-style-type: none"> <li>1. Assure accessibility, availability and quality of preventive and primary care for all women, adolescents, and children, including children with special healthcare needs with a focus on integration of services through patient-centered medical homes.</li> <li>2. Support healthy pregnancies and improve birth and infant outcomes.</li> <li>3. Assure that equity is the foundation of all MCH decision-making; eliminate disparities in MCH outcomes.</li> <li>4. Strengthen the MCH data systems, infrastructure and capacity</li> </ol>

### Conclusion

There were many lessons learned throughout the SHIP development process and it is expected that many more will evolve throughout implementation. One such lesson learned is that in order for Illinois to be successful in moving the needle forward in improving health, particularly in the areas of behavioral health, chronic disease and maternal and child health, full participation of the broad array of stakeholders within the public health system is required to build infrastructure and accountability. Additionally, there are many stakeholders that are ready and willing to assist in this endeavor as the implementation phase begins and further refinement of the action steps occurs throughout the next five years.

## Introduction

The mission of the Illinois Department of Public Health (IDPH) is to protect the health and wellness of the people of Illinois through the prevention, health promotion, regulation, and the control of disease and injury. Towards that end and under Illinois state statute 20 ILCS 5/5-565 <sup>1</sup>, IDPH is designated to lead an effort to create a unified strategy for improving the state's public health system.

IDPH engaged subject matter experts and community stakeholders in an action planning process to address statewide health priorities identified in the State Health Assessment. These priorities include behavioral health, chronic disease, and maternal and child health. Partners and stakeholders have worked with IDPH to develop goals, objectives, and strategies to drive health improvement in these areas. Action plans for each priority area build upon statewide and local health improvement efforts in order to leverage best practices and align assets and resources. This process is an important strategic component of the Healthy Illinois 2021 initiative, where the following three major statewide projects are united.

### Healthy Illinois 2021 Components

Healthy Illinois 2021 is comprised of three statewide initiatives that work together to coordinate and align plans, processes, and resources to lead health improvement and health equity.

#### *Illinois State Health Assessment*

A State Health Assessment (SHA) is a systematic approach to accessing, analyzing, and using data to educate and mobilize communities, develop priorities, garner resources, and plan actions to improve the public's health.

#### *Illinois State Health Improvement Plan*

A State Health Improvement Plan (SHIP) is a five-year systematic plan to address issues identified in the State Health Assessment. Based on the SHA, the SHIP describes how the state health department and the communities it serves can work together to improve the health of the population. The SHIP also represents the Plan for Population Health.

#### *Illinois State Innovation Model*

The State Innovation Model (SIM) considers multi-payer health care payment and service delivery models that aim to improve health system performance, increase quality of care, and reduce costs. The SHIP will serve as the Plan for Population Health for the State Health System Innovation Plan.



<sup>1</sup>Illinois General Assembly. The Civil Administrative Code of Illinois. 20 ILCS 5/5-565. Retrieved at <http://www.ilga.gov/legislation/ilcs/ilcs5.asp?ActID=221&ChapterID=5>

### ***State Health Improvement Plan Purpose and Use***

This report presents the strategies recommended to address health improvement in three priority areas identified through the SHA: behavioral health, chronic disease, and maternal and child health. The State Health Improvement Plan builds on the work of the SHA by providing a blueprint to address health issues. The document is a framework for implementation that promotes evidence based best practice and provides recommended ways to address core health issues. It also identifies gaps and recommends ways to address these gaps in a coordinated fashion. The intent is for organizations and agencies working across the state to adopt these initiatives and join the many agencies working in a common direction. The SHIP is documentation of phase one of a five year plan that should be updated and refined on a regular basis. It reflects the work of committed organizations, associations, research institutions, agencies, and many others across the state to create actionable and measurable recommendations to improve health.

### ***Healthy Illinois 2021 Measures of Success***

Healthy Illinois 2021 represents a coordinated approach to lead health improvement and tackle barriers to health equity. With a five-year timeline, the Healthy Illinois 2021 Planning Council agreed that success of the overall initiative would be realized by making improvements to the public health system infrastructure, along with improving specific priority health issues that benefit all Illinois residents. The Planning Council established broad infrastructure goals as an operational vision of success. Healthy Illinois 2021 will result in:

- Aligned and coordinated clinical and primary prevention strategies
- Patients and community residents that are viewed holistically
- Effective data systems and infrastructure
- Aligned quality measures
- Innovation that occurs through use of evidence based strategies and best practices
- Consumer education improvements
- Maximized current workers and cultivated new workers within the public health system
- Community-oriented, asset-based decision-making

### ***Participants***

The Healthy Illinois 2021 initiative is guided by a Planning Council appointed by Governor Bruce Rauner. Planning Council members represent organizations from numerous sectors including transportation, education, health care, environment and social service. Organizations include state agencies, community-based organizations, associations, public health departments, health and hospital systems, insurance companies and other entities, which collectively comprise the public health system in Illinois. As a statewide body, the Planning Council is convened by the Governor's Office and IDPH. The MidAmerica Center for Public Health Practice at the University of Illinois at Chicago School of Public Health also led this effort.

Healthy Illinois 2021 Action Teams were established for each priority area. Two co-chairs representing a state agency and an external stakeholder group provided leadership for these teams. Action Teams also included participants from local health departments, community based organizations, universities, and state agencies.

Action Teams held open meetings between December 2015 and March 2016 to establish goals, objectives, and strategies to achieve health improvement in the priority areas. Working meetings were held weekly or bi-weekly and Action Team members provided specific input throughout the process.

### State Health Improvement Plan Framework

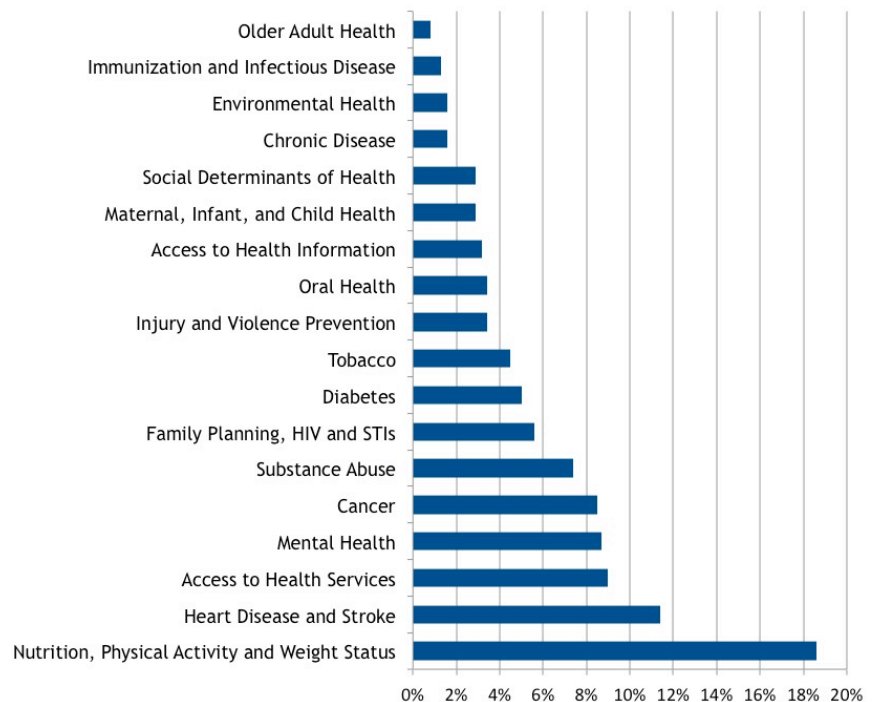
The State Health Improvement Plan Framework is based on an iterative assessment process with several layers of input from key stakeholders. Data that informed the process were obtained from several sources, including local needs assessments such as IPLANs and community health needs assessments;<sup>2</sup> state agency reports used to identify statewide strengths, opportunities, and barriers; and health status data. Planning Council members established a preliminary list of health priorities that was then narrowed down to include just five.

The assessment findings and preliminary priorities were then vetted locally and regionally through focus groups and organizational presentations. Eleven focus groups were conducted in five counties representing different regions of the state: Cook County, Lee County, Champaign County, St. Clair County, and Sangamon County. Almost 100 participants represented their organizations at these sessions. Additionally, eleven sessions for stakeholder organizations were held with over three hundred people participating. In total, over 400 organizational leaders had input in to the State Health Assessment through the stakeholder engagement process. There was overwhelming support for the preliminary health priorities selected by the Planning Council.

Preliminary Planning Council Priorities				
Social Determinants of Health	Access to Quality Health Care	Behavioral Health	Chronic Disease	Maternal & Child Health

understand the areas. Just over one-third of the additional priorities suggested could easily be categorized under the broader themes of behavioral health, access to quality care, chronic disease, social determinants of health, or maternal and child health. Most of the remaining suggested priorities focused more on specific strategies or target populations, as opposed to health issues.

Example of Data Reviewed:  
Priorities Identified through IPLAN



A review of transcripts from the focus group sessions provided rich detail about how health issues are being experienced throughout Illinois and the efforts organizations are making to address key issues. Over 100 pages of transcripts and notes were reviewed and the themes were categorized and tallied in order to identify examples and overarching themes. The biggest issue with the early priority setting was to determine how health priorities are defined. Participants requested that more detail on each priority area be available to better

<sup>2</sup> Standardizing IPLAN Priority Health Needs in a Non-Standardized World Project Summary, 2014-2015. MidAmerica Regional Public Health Leadership Institute.

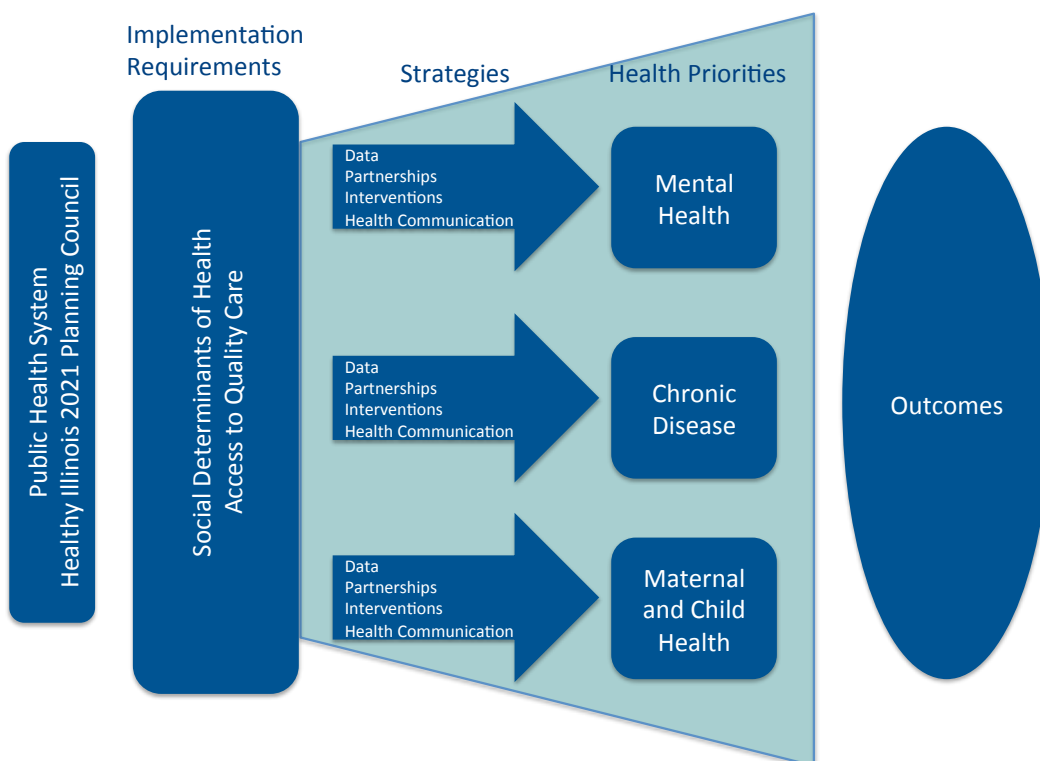
The feedback obtained during stakeholder engagement sessions was reported back to the Planning Council for final prioritization. After a facilitated discussion using standardized prioritization tools (e.g., prioritization matrix and dotmocracy), the Planning Council selected behavioral health, chronic disease, and maternal and child health as the statewide health priorities.

### SHIP Framework

The following narrative is a description of the State Health Improvement Plan Framework and follows the diagram below. During meetings of the Planning Council, the group came to agreement that access to quality care and social determinants of health should serve as implementation requirements for addressing each of the three health priorities. These implementation requirements are seen as areas that must be addressed throughout the action planning process in order for the health improvement plan to be successful. Action Teams, in development of their action plans, considered social determinants of health and access to quality care when selecting strategies. Action Teams and the Planning Council also considered how these principles relate to the public health system more broadly.

In order to improve health outcomes in these priority areas, the Planning Council and other stakeholders were asked to consider what types of strategies could be implemented at a statewide level. The group considered strategies that have been successful in the past, using examples and evidence from state agency needs assessments and operational reports, and their own experience. Data, partnerships, interventions, and health communication were the areas that emerged as most important or impactful. Throughout the action planning process, these areas provided a lens for examination and were considered when recommending implementable strategies. In discussing the role of the system, the Planning Council recommended that it provide infrastructure and oversight for plan implementation.

### SHIP FRAMEWORK





## Action Planning Process

### State Health Improvement Plan Process

The State Health Improvement Plan process focused primarily on developing action plans to address the health priorities identified in the State Health Assessment: behavioral health, chronic disease, and maternal and child health. Action Teams were established in December of 2015 to drive implementation, as an opportunity to broadly engage stakeholders and to build commitment and accountability around health priorities.

The Action Team meetings began with training, which covered the State Health Assessment process to help newly engaged stakeholders understand the current state of the initiative and ground them in the guiding principles for Healthy Illinois 2021.

Each Action Team met several times to develop goals, objectives, and strategies to improve health in the priority areas. The action planning process resulted in the development of action plan documents that include strategies and health outcome measures, as well as recommendations for launch steps, champions to solicit, and coordinating organizations, where possible. It is anticipated that these areas will be considered further and built upon during SHIP implementation. Due to some measures being qualitative in nature, such as building partnerships while others are quantitative such as reducing mortality, the target setting required using different approaches and will be considered further.

### Healthy Illinois 2021 Guiding Principles

- Develop a statewide approach
- Consider assets upon which to build
- Leveraging resources, e.g., infrastructure
- Promote alignment of strategies and resources across the state
- Tactically address social determinants of health and access to quality care
- Promote prevention from a policy, systems, environmental and program perspective

The Healthy Illinois 2021 Planning Council provided input on the action plans both by participating as members of the Action Teams, and through a meeting held in March 2016. Members of the public had an opportunity to comment on the health improvement goals and strategies through the open meetings of the Action Teams, as well as public hearings held about the SHIP.





### Strategy Selection Process

Criteria for selecting strategies were developed to guide and support Action Teams. In line with the national movement to promote primary care and governmental public health integration for population health improvement, Action Teams considered strategies that focused on traditional clinical prevention interventions, innovative clinical prevention, and total population or community-wide prevention.<sup>3</sup> These criteria are specific to the needs of the Healthy Illinois 2021 process and include consideration of the following areas:

SDOH	Access	MCH	Urgency	Impact	Evidence-Based	Resources
<ul style="list-style-type: none"> <li>How does a proposed strategy address social / ecological factors?</li> </ul>	<ul style="list-style-type: none"> <li>How does a proposed strategy address access to care?</li> </ul>	<ul style="list-style-type: none"> <li>How does a proposed strategy promote maternal and child health?</li> </ul>	<ul style="list-style-type: none"> <li>Is there a crisis?</li> <li>Are there efforts to build on?</li> </ul>	<ul style="list-style-type: none"> <li>How many individuals does this reach?</li> <li>How is disparity addressed?</li> </ul>	<ul style="list-style-type: none"> <li>Has this strategy been used before with measured success?</li> </ul>	<ul style="list-style-type: none"> <li>What resources could be leveraged?</li> <li>Are new resources required?</li> </ul>

**Social Determinants of Health:** These are considered the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Each group considered how a proposed strategy addressed social and ecological factors.

**Access:** This is the timely and appropriate use of personal health services to achieve the best health outcomes. Attaining good access to care requires: 1) gaining entry into the health care system; 2) gaining access to sites of care where patients can receive needed services, including transportation services; and 3) finding providers who meet the needs of individual patients and with whom patients can develop relationships based on culturally competent communication and mutual trust.

**Maternal and Child Health:** This criteria focuses on six population health domains: 1) Women/Maternal Health; 2) Perinatal/Infant Health; 3) Child Health; 4) Children with Special Health Care Needs; 5) Adolescent Health; and 6) Cross-cutting or Life Course. Viewing strategies from an MCH life course perspective can reveal disparities that need to be considered in the strategy selection process.

**Urgency:** This addresses a particularly concerning aspect of the health priority or strengthens areas where timeliness is vital. Groups considered how a strategy addressed the presence of a crisis or opportunity to build on existing momentum.

**Impact:** This references the ability to reach a broad section of the population. Groups considered how many individuals a proposed strategy might reach as well as whether the strategy addressed disparities.

**Evidence-Based or Promising Practices:** An evidence-based practice is one that has been evaluated and shown to make a positive difference in important outcomes. Groups considered whether success has previously been measured for a particular strategy. Sources for evidenced-based or promising practices

<sup>3</sup> Auerbach. (2016). *The 3 Buckets of Prevention*. J Public Health Management Practices 00(00), 1-4

include: The National Prevention Strategy, Healthy People 2020, and the Community Guide to Preventive Services.

*Resources:* The availability of resources and infrastructure to be leveraged as well as the need for new resources were considered by groups in their review of proposed strategies.

While recognizing that each strategy might not meet all of the criteria, the Action Teams agreed that strong consideration of these factors during the strategy selection process would allow them to remain true to the guidelines, principles, and spirit of the Healthy Illinois 2021 initiative. These criteria also allowed for a framework to reference in justifying strategy selection and reaching consensus.

## Implementation Recommendations

## The Public Health System

The public health system is a multi-sector stakeholder system, which includes all public, private, and voluntary entities that contribute to the delivery of essential public health services. Entities recognized for providing public health services include the governmental public health infrastructure, businesses, the clinical care delivery system, communities, schools, and a broad array of non-governmental organizations and community-based entities that have the capacity to influence health. It is important to note that the Institute of Medicine (IOM) recently recommended the formal change of “public health system” to “health system”; however, for the purpose of consistency this document will continue to use the term “public health system.”<sup>4</sup>

As noted, the Healthy Illinois 2021 Planning Council is a diverse group of representatives from multiple sectors who were appointed by Governor Bruce Rauner to guide assessment and improve efforts around population health and tackle barriers to health inequity. Planning Council members serve as representatives of the public health system with a charge to develop a state health improvement plan that will provide direction for identified health priorities.

A critical point of discussion for SHIP implementation is the ability of public health system members to act on recommendations at the health priority level as well as to provide the infrastructure for the system to carry out its work. Accordingly, it is expected that the Healthy Illinois 2021 Planning Council in its entirety or with some adjustment, will transition to become the Healthy Illinois 2021 Implementation Coordinating Council, or ICC. The ICC can provide ongoing oversight of SHIP implementation by regularly monitoring progress of the plan.

Given this pending transition and the need for overall infrastructure to ensure plan implementation, the Healthy Illinois 2021 Planning Council considered ways in which the ICC could implement health improvement strategies related to the health priority areas. Information and discussions around the ICC’s role focused on three areas:

- (1) Establishing measures of success for the overall public health system;
- (2) Assessing and reviewing data to vet the identified measures of success for gaps, strengths, opportunities, and challenges in order to produce system strategies and identify a specific role; and
- (3) Reviewing Action Team recommendations for system needs within and across the health priorities to make recommendations for overall public health system improvements.

### Measures of Success

As previously noted, the Healthy Illinois 2021 Planning Council identified broad infrastructure goals, including the following operational measures of success for the Healthy Illinois 2021 process. In addition to the following statements that describe how this plan would be successful, use of the plan by Illinois stakeholders is critical to success. The plan is a resource to assist stakeholders in Illinois in aligning their work around priority areas to support a collective, unified movement to address the priorities. This document should guide overarching statewide goals and objectives for health improvement in priority areas that organizations can adopt to align their work.

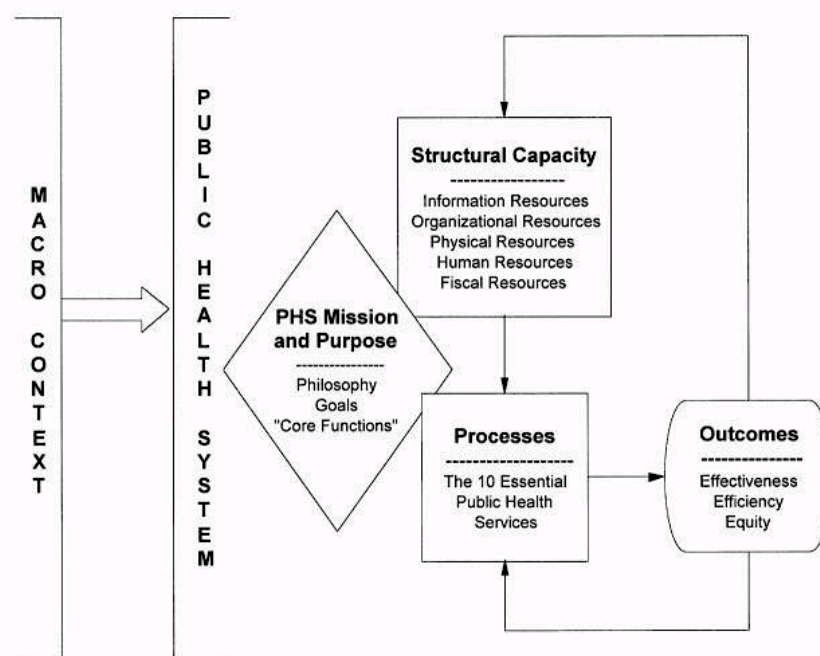
1. Aligned and coordinated clinical and primary prevention strategies

<sup>4</sup> IOM (Institute of Medicine). 2011. For the Public’s Health: The Role of Measurement in Action and Accountability. Washington, DC: The National Academies Press.

2. Patients and community residents that are viewed holistically
3. Effective data systems and infrastructure
4. Aligned quality measures
5. Innovation that occurs through use of evidence based strategies & best practices
6. Consumer education improvements
7. Maximized current workers and cultivated new workers within the public health system
8. Community-oriented, asset-based decision-making

### State Health Assessment: Health System Feedback

Handler, Issel and Turnock proposed a conceptual framework for the Public Health System.<sup>5</sup> The framework has become the basis for understanding the necessary components to undertake and demonstrate health improvement, and includes several key elements and interactions between and including (but not limited to) an iterative relationship between the Mission and Purpose of the Public Health System, Processes, Structural Capacity, and ultimately Outcomes.



Conceptual framework of the public health system (PHS) as a basis for measuring system performance.

Feedback from the State Health Assessment data presented to the Healthy Illinois 2021 Planning Council align with this conceptual framework and calls for a comprehensive approach to address health priority improvement within a larger systems framework (see page 11). The SHIP Framework includes a Planning Council that supports implementation of health priorities. Data presented and discussed by the Planning Council spoke to the following framework elements:

- **Public Health Mission and Values:** The system would promote community-level health improvement across the state while improving statewide infrastructure. As noted earlier, the system would focus

<sup>5</sup> Handler, Issel and Turnock. (2001). *A Conceptual Framework to Measure Performance of the Public Health System*. Am J Public Health. 2001 August; 91(8): 1235-1239.

implementation and intervention on the social determinants of health and access to quality care. In addition, many comments spoke to the need to promote coordinated, best-practice agendas across the plan - for both infrastructure and interventions - to align and leverage resources, prevent duplication, and increase clarity and focus on measured improvement.

- *Process:* Four core areas emerged as the key process and strategy steps to plan implementation: data sharing and use; partnerships for collective alignment and impact; use of community, clinical and community-clinical linkages; and health communications.
- *Structural capacity:* Feedback from public health system partners across the state specifically called for improvement of the health system infrastructure, including assessment and evaluation of provider and workforce capacity; collecting, managing, sharing, and utilizing data as critical components of upgrading the data infrastructure and capacity of the state; the consideration of fiscal strategies to help support the work; assurance of a coordinated approach; and support to help align the work.
- *Outcomes:* There was overwhelming interest in strengthening the public health system's ability to demonstrate returns on investments for proposed interventions, as well as monitor, measure, report, and evaluate progress.

#### **Public Health System: "Leadership"**

The following recommendations are a result of multiple discussions throughout this process, culminating with a final SHIP Planning Council meeting where the role of the public health system was revisited. These themes were emphasized during previous Planning Council meetings, focus groups, as well as during action planning meetings. Both the Planning Council and Action Teams call for public health system leadership to implement health improvement strategies. The following items can be considered more immediately in order to improve public health system infrastructure:

- **Prioritization of the plan, including considering winnable battles and a policy framework for implementation.** Taking a phase-in approach to the strategies suggested in this plan was recommended, including considering what can be implemented through alignment and leveraging existing infrastructure. Using a policy, systems, and environmental change framework is recommended for a statewide approach.
- **Coordination of cross cutting issues such as data infrastructure, training, communication, funding, promising practices, and evaluation approach.** Leveraging resources and reviewing existing plans and strategies is recommended to improve coordination. Consideration of how cross cutting factors will be integrated across priorities was identified as an initial step.
- **Develop action items to address social determinants of health and other structural issues such as housing, employment, and education.** Further consideration around structural issues, including specific action planning to address them, is recommended. Each of the health priority areas cannot be seen in isolation. Without a clear path out of poverty, including access to stable quality housing, a steady income, and opportunities for education, attending to health issues is a distant priority for the

many Illinois individuals, families, and communities that are currently living in poverty (14.4 percent of the population overall in Illinois, see State Health Assessment, January 2016).

- **Promotion of the plan and communication with stakeholders around priorities.** It is recommended that there be emphasis on distribution of the plan, deliberate health communication around the priorities, and an effort to further engage stakeholders.
- **Strengthen the statewide data system.** Three recommendations were provided to improve the statewide data system. First, a vision for a standard statewide measurement system to track structural issues (such as social determinants of health) and health outcomes. Second, a dedicated public health system data monitoring and evaluation committee that provides the specific action steps to correspond to the vision. Third, analytic capacity and infrastructure should be strengthened. At the center of this effort might be assuring integration and coordination across roles, including but not limited to data scientists, analytic staff, and program staff that work collaboratively towards health improvement. More specific recommendations on data may be found in the Appendix.

### Implementation of Infrastructure Recommendations

In order to show what is proposed, examples are needed to highlight how the SHIP strategies can be integrated across infrastructure and health priorities. The following is one example of how this work could be achieved.

#### *Recommendation: Aligning agendas to increase capacity and support population health improvement*

##### *The Situation*

The Illinois public health system members, including statewide, regional, and local governmental agencies, nonprofit, faith, private industry, and many other organizations, are working together to facilitate population health improvement and tackle barriers to health inequity. Achieving this vision requires collaboration and alignment of key clinical, community, and clinical-community strategies. This is an area of opportunity for the public health system. The Illinois Department of Public Health's (IDPH) 2015 Public Health Stakeholder Satisfaction Survey Report (described in the State Health Assessment) revealed improvement is needed for essential service 10: research for new insights and innovative solutions to health problems.<sup>6</sup> Further, a 2013 report entitled "Assessing the state of workforce development in Illinois: Practice perspectives from the field" acknowledged greater work is needed to develop and execute a systematic, overall approach to public health workforce development.<sup>7</sup>

##### *The Evidence*

A key approach to the implementation and adoption of effective interventions to facilitate population health improvement is through workforce development strategies, including education and training (Brownson, Fielding and Maylahn, 2009).<sup>8</sup> Given that approximately 50% or less of the public health workforce has formal

<sup>6</sup> State Health Assessment

<sup>7</sup> MidAmerica Center for Public Health Practice. (2013). Assessing the state of workforce development in Illinois: Practice Perspectives from the field. Retrieved from: <http://www.naccho.org/uploads/downloadable-resources/Workforce-Project-Report.pdf>

<sup>8</sup> Brownson, R., Fielding, J., and Maylahn, CM. Evidence-based Public Health: A Fundamental Concept for Public Health Practice. Annual Review Public Health 2009. 30:175-201

training in public health, providing opportunities for education and information-sharing is vital (Turnock, 2015).<sup>9</sup>

Moreover, conferences remain an important approach to help increase knowledge, skills and abilities of the public health system to undertake a process and drive decision-making toward best practice to improve population health (Rohweder et al, 2016).<sup>10</sup>

#### *The Intervention*

IDPH, Illinois Public Health Association, University of Illinois at Chicago School of Public Health, MidAmerica Center for Public Health Practice, and the UIC SPH Prevention Research Center are aligning their practice and research agendas as well as training resources to collaboratively present a statewide leadership conference focused on disseminating evidence-based strategies to address population health improvement. The new conference will be offered for the first time in the state's history and was initiated through purposeful and strategic alignment with the State Health Improvement Plan. The conference, *Public Health on the Cutting Edge: Assuring Equity and Brokering Investment in Population Health*, focuses on the role of public health in addressing current challenges and opportunities for population-level health improvements in Illinois, while always addressing health disparities and health equity. The conference will provide an opportunity to discuss the strategies identified in the State Health Improvement Plan: Data, Partnerships, Interventions, and Health Communication.

<sup>9</sup> Turnock, B. (2015). *Public Health: What It Is and How It Works*. Jones & Bartlett Learning; 6 edition

<sup>10</sup> Rohweder et al. (2016). Bridging Research, Practice, and Policy: The "Evidence Academy" Conference Model. *J Public Health Management Practice*, 2016, 22(2), 200-203.



## Social Determinants of Health and Access to Quality Care

For the purposes of the State Health Improvement Plan, social determinants of health and access to quality care were considered implementation requirements for achieving health improvement across the state.

### State Health Assessment Background

Information collected from focus groups and organizational presentations for the State Health Assessment showed that addressing social determinants of health is an underlying tenet of health improvement work regionally and locally. For example, one focus group participant indicated that organizations are “looking at addressing all of these [issues], but through the social determinants of health. So our mission is really to eliminate barriers towards accessing health care through working with social service organizations.”

The changing health care environment informed the discussion around access to quality care during the State Health Assessment process. Although health reform has increased access to care, there is concern about quality and affordability of services provided. Issues raised in the State Health Assessment included the distribution of primary and specialty care providers across the state, the standard of care across the state, navigating the health care system to find quality providers, and ensuring consumers can receive the services they need at a price they can afford.

### A call for increased prioritization of Social Determinants of Health and Access to Quality Care

During the action planning process, broad factors that affect health in all the priority areas were raised as key issues that need to be addressed in order to improve health. These factors include social determinants of health and access to quality care. While the Action Teams addressed various social and ecological factors in the plans, a systematic approach to addressing these areas was recognized as a greater need. Both the Action Teams and the Planning Council acknowledge that social determinants of health and access to quality care should be stand-alone priorities with corresponding strategies and an action plan. The Planning Council recommended that this effort should be an early focus at the start of the implementation stage. The areas of consideration that are reflected in the SHIP action plans -- as well as those that need to be prioritized in the next phase of the planning and implementation -- are described below.

Priority Areas Recommended for Action Planning by the SHIP ICC	Examples of Current SDOH and Access Factors Described in Action Plans
Access Built Environment Community Safety Education Equity Housing Job Availability	<b>Access to Services:</b> - Assure integration, linkage and continuity of services through patient-centered medical homes - Increase access to and quality of behavioral health services <b>Built Environment:</b> - Increase Policy, Systems, and Environmental (PSE) strategies around healthy living and health eating <b>Equity:</b> - Increase use of tools and resources to consider equity in decision-making for maternal and child health issues

## Health Priority Areas

## Behavioral Health Action Team

### Definitions

As the State of Illinois works to advance prevention, early intervention, treatment, and care related to behavioral health, it is imperative that the terminology used in the SHIP is representative of consumer, provider, and community input. The term “behavioral health” is intended to be both inclusive of mental health conditions as well as substance use problems. We understand that everyone does not accept the term “behavioral health”; however our commitment is to use respectful language that supports ongoing and future work in the field.

Mental health is described by the World Health Organization (WHO) as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. The positive dimension of mental health is stressed in the WHO definition of health as contained in its constitution: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>11</sup> The *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM-5), refers to substance use disorders, as being defined as “mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.”<sup>12</sup>

Given the extent to which mental health and substance abuse problems can co-occur, it was decided that substance abuse also be addressed under a broader umbrella term of behavioral health.

### Priority Background

In Illinois, approximately 15-17% percent of all Illinois adults reported experiencing poor mental health for more than one week in a month and, in 2014, one of five young adults in Illinois -- ages 18 to 24 -- reported experiencing poor mental health for more than one week in a month. In 2013, 39,501 children and adolescents were served in the Illinois public mental health system in various capacities.<sup>13</sup> According to the Substance Abuse and Mental Health Services Administration, 8.5% of all adolescents in Illinois aged 12 to 17 had at least one major depressive episode within the year prior to being surveyed (surveyed 2009-2013). As it relates to suicide, there are disparities among those who have committed suicide (N= 1,365 in 2014). The suicide rate among non-Hispanic whites is higher than the Healthy People 2020 objective and more than twice as high as groups whose rates fall below the national objective. Additionally, in 2014, men had a suicide rate four times greater than that of women in Illinois. The suicide rates among adults were similar across age groups, although the highest rates were among those ages 45 to 64.

<sup>11</sup> World Health Organization, retrieved from: [http://www.who.int/topics/mental\\_health/en/](http://www.who.int/topics/mental_health/en/)

<sup>12</sup> DSM-5, retrieved from: <http://www.dsm5.org/Documents/Substance%20Use%20Disorder%20Fact%20Sheet.pdf>

<sup>13</sup> Substance Abuse and Mental Health Services Administration. *Behavioral Health Barometer: Illinois, 2014*. HHS Publication No. SMA-15-4895IL. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015.

Behavioral health problems are further reflected in data from Illinois emergency rooms. Between January 1, 2012 and December 31, 2014, there were 110.89 per 10,000 (expressed as a crude rate) emergency department visits for behavioral health issues, including mental health, alcohol, and substance abuse problems.<sup>14</sup>

The State Health Assessment identified limited access to behavioral health services in specific areas of the state as a barrier, but it also highlighted opportunities to increase access to services. The SHA also found the public health system could improve its performance by assuring and linking people to care, which would include behavioral health services. An emerging concern was identifying new resources and alternative strategies for addressing behavioral health.

*“It’s not only having the providers who are able to properly diagnose those conditions and prescribe the right medications for that person, but it’s also having an individual who can walk the journey with them.”*

Focus group participant

Illinois’ behavioral health infrastructure is in a time of major transition with budget reductions, shifts in incentives such as managed care expansion, new opportunities in Medicaid, health departments and community health centers (including FQHCs) increasing their capacity, and the population shift from uninsured to insured via the Affordable Care Act. However, the State Health Assessment indicated that there are still barriers for vulnerable populations accessing treatment for substance abuse and mental health conditions. Unfortunately, it is unclear exactly how much behavioral health capacity is needed and whether the market will address these gaps.

It is well known that social determinants affect health status and that they must be addressed in order to be holistic in approach. Specifically, research and experience in behavioral health has long recognized the impact of employment and housing on health status. For example:

- Loss of employment can trigger depression, despair, and negative coping behaviors such as substance use. Conversely, attaining employment is well understood as a key to stable recovery for people with mental illness and substance use disorders.
- Lack of decent, affordable housing is a major impediment to healing. Safe, stable, and sober housing is a critical factor in recovery.
- Exposure to violence, either as a victim or witness, also impacts health status. Domestic violence, gun violence, and other types of experiences generate stress, anxiety, depression, and despair, and often trigger negative coping behaviors.
- Community-wide conditions of poverty, unemployment, and poor housing are increasingly well understood as primary factors in creating poor health status. Behavioral health is heavily impacted by the stress and despair that accompany these situations.

Alleviating the underlying social and economic conditions is beyond the scope of the Behavioral Health Action Team on its own. However, it is recommended that the State Health Improvement Plan Implementation Coordinating Council undertake a focused effort to engage the business community, state and local economic

<sup>14</sup> Illinois Department of Public Health, retrieved from: Illinois Public Health Community Map, <http://www.healthcarereportcard.illinois.gov/maps>

and housing development agencies, and advocacy groups to join forces to collectively improve these fundamental social determinants of health.

### Action Team Background

The Healthy Illinois 2021 Behavioral Health Action Team, formed to address this priority, was composed of over 25 members representing a diverse array of organizations involved in behavioral health in Illinois, including practicing behavioral health providers, health systems, local public health departments, state associations, community-based organizations, higher education, and consumer advocacy entities. Many had not previously worked together, which resulted in relationship building amidst robust conversations on behavioral health issues in Illinois.

The Action Team met five times from December 2015 to early March 2016. The Co-Chairs, Diana Knaebe, Chief, Division of Mental Health at the Illinois Department of Human Services, and Maureen McDonnell, Director for Business and Health Care Strategy Development, TASC, Inc. (Treatment Alternatives for Safe Communities), led the work of the group and also held weekly calls with each other over an eight-week period to report on and monitor the group's work.

The Action Team divided into three subgroups to determine goals for the SHIP from a prevention, early intervention, and treatment perspective. The subgroups met individually and together at full Team meetings and in addition to discussing behavioral health issues in Illinois, also reviewed national efforts, such as Healthy People 2020 goals for reference. This process resulted in a set of six goals, for which corresponding recommended objectives and strategies were developed.

#### Behavioral Health Goals

1. Improve the collection, utilization and sharing of behavioral health-related data in Illinois
2. Build upon and improve local system integration
3. Reduce deaths due to behavioral health crises
4. Improve the opportunity for people to be treated in the community rather than in institutions
5. Increase behavioral health literacy and decrease stigma
6. Improve response to community violence

### Focus on Implementation: Community Assets

#### Rationale

Community assets for addressing behavioral health needs exist in health systems, local health departments, health plans, law enforcement, schools, and community behavioral health providers. Building upon the existing system is essential so that problems can be identified early and those in need can have easy access to high quality services.

To maximize effectiveness, the assets of these potential partners must be garnered into focused, determined, and collaborative action. Such local action can produce important results including, but not limited to, reduction in the initiation of underage drinking and illicit drug use, and reduction in crises, e.g., overdoses, suicide attempts, and emergency department visits.

#### The evidence and best practice

Several evidence-based community education and capacity building efforts exist, including Mental Health First Aid; SafeTALK; Question, Persuade and Refer; Zero Suicide; the Illinois Youth Suicide

Prevention Project and others. These efforts provide resources and tools that can increase the capacity of community members to effectively respond to others who may be experiencing emotional distress.

The successful use of such efforts requires that all parts of the system are aware they exist, and that they are supported by expert technical assistance and consultation.

***Building on strengths: SHIP Implementation***

The Action Team identified several strategies to build upon local action to a statewide level action, including:

- (1) Creation of local behavioral health planning councils with diverse membership;
- (2) Universal access to naloxone (NarCan) among first responders and health care providers (as required by HB1/PA 99-0480);
- (3) Expand evidence-based community substance abuse prevention coalition efforts such as those that are federally funded;
- (4) Survey medical group association's membership to identify conditions most relevant for children, adolescents, and adults, as well as integration practices;
- (5) Submit a request for information (RFI) for a regional training center for primary care provider integrated care;
- (6) Identify existing funding mechanisms in Illinois for screening and brief intervention; and
- (7) Develop training curriculum such as the one used in Cherokee Health Systems.<sup>15</sup>

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<sup>15</sup> Cherokee Health System, retrieved from [www.cherokeetraining.com](http://www.cherokeetraining.com)

## Behavioral Health Action Team Action Plan Recommendations

### GOAL 1: Improve the collection, utilization, and sharing of behavioral health related data in Illinois.

#### MEASURE (by 2017):

Presentation of a framework for surveillance and planning to the SHIP ICC which is data-driven and specific, including proposed approaches for monitoring disparities (race/ethnic, gender, geography, etc.) where possible.\*

Baseline: NA

Target: By Jan. 1, 2017

#### Focus Area: Data

##### Strategies:

1. Determine which data currently exist on critical behavioral health problems, resources and assets.
2. Draw on the resources of other state agencies and private associations.
3. Select critical benchmark measures for annual review of existing data.
4. Establish a process for annual review of surveillance/asset data and adjustment of plans and programs to reduce problem prevalence.
5. Determine how to improve data collected over the five-year term of this SHIP.
6. Implement new public health data collection, reporting and surveillance activities regarding the opiate overdose epidemic as required by HB1 (PA 99-0480).

*Numbers have an important story to tell. They rely on you to give them a voice.” – Stephen Few*

\* Asterisk indicates a measure without a baseline. The SHIP Implementation and Coordination Council can address measurement as an initial action step for measures where no baseline is indicated.

## GOAL 2: Build upon and improve local systems integration.

### MEASURE (by 2017):

Build partnerships with a wide variety of stakeholders to enhance and support the development of medical and health homes that integrate mental and physical health and wellness across the continuum of services (from prevention through treatment).\*

Baseline: NA

Target: By Jan. 1, 2017

### *Focus Area: Local System Integration*

#### **Strategies:**

1. Encourage the creation of local behavioral health planning councils that include, at a minimum, local health departments, local law enforcement, community health systems including hospitals and physician practices, and local behavioral health providers to develop collaborative action plans.
2. Expand evidence-based community education/capacity building efforts such as those previously identified so that community members have increased capacity to respond to others who may be experiencing emotional distress with the goal of increasing our community social and emotional intelligence and response.
3. Expand evidence-based community substance abuse prevention coalition efforts such as those led/funded through the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (CSAP); with Illinois Alcoholism and Drug Dependence Association (IADDA) as a partner.
4. Community-based coalitions should review and select SHIP strategies that they feel most able to jointly implement.
5. Develop Illinois Centers of Behavioral Health Excellence to maximize effectiveness of local efforts through expert technical assistance and consultation.
6. Identify primary care/family practice providers who provide early identification and intervention care. Engage these providers in training efforts focused on other health care providers.
7. Support and expand efforts such as Community Child Care Connection, Nurse Family Partnership, Parents as Teachers, infant mental health consultation, and other initiatives for younger children (aged 0-3).



### GOAL 3: Reduce deaths due to behavioral health crises.

#### MEASURE (by 2021):

Reduce deaths due to opioid overdose.\*

Baseline: To be obtained from Vital Records

Target: To be obtained from the baseline (20% reduction)

Reduce deaths due to suicide.

Baseline: 10.2 per 100,000; State Health Assessment

Target: 8.16 per 100,000 (20% reduction)

Reduce the number of young adults (aged 18-24) who report experiencing poor mental health for more than one week per month.

Baseline: To be obtained from BRFSS

Target: To be obtained from the baseline (20% reduction)

Reduce deaths to suicide among the veteran population by 20% by 2021.\*

#### **Strategies:**

1. Identify providers who can provide early intervention for people at risk.
2. Provide universal access to naloxone (NarCan) so that first responders, health care providers, law enforcement, and families to mitigate the effects of overdoses.
3. Conduct outreach to those who have attempted suicide and provide education regarding “warm lines”<sup>16</sup> that are available.
4. Expand access to necessary mental health and substance abuse treatment.
5. Increase the effectiveness of discharge plans for people visiting emergency departments to prevent future suicide attempts.
6. Increase the effectiveness of discharge plans for people leaving structured institutional care (jails, prisons, residential substance abuse treatment sites, and other similar settings) which is a known high-risk period for drug overdoses.
7. Prevent unnecessary exposure to narcotic pain medications.
8. Build the capacity of health plans to manage opiate dependence effectively.



<sup>16</sup> A warm line is a peer-run listening line staffed by people in recovery themselves.

## **GOAL 4: Improve the opportunity for people to be treated in community rather than institutional settings.**

### **Measure (by 2021):**

Reduce emergency department visits, hospitalizations, and incarceration due to behavioral health issues by narrowing the treatment gap and building and sustaining community-based behavioral health treatment capacity.\*

Baseline: TBD

Target: To be obtained from the baseline - 25% reduction

Leverage partners for united action and opportunity for funding (see Goal 1).\*

*Focus Area: Treat people in the community rather than in institutions.*

### **Strategies:**

1. Build partnerships to focus on narrowing the treatment gap by increasing knowledge of alternative programming in lieu of institutional settings.
2. Invest in a robust community-based system that provides evidence-based behavioral health treatment and supportive services.
3. Establish a high-level working group to develop a detailed plan of action within FY 2016.
4. Review models for effective community care/readmission prevention currently in use in Illinois hospitals/health systems.
5. Review alternative to incarceration programs currently in use across Illinois.

**GOAL 5: Increase behavioral health literacy and decrease stigma.****MEASURE (by 2021):**

Increase behavioral health literacy and conduct more Mental Health First Aid trainings to build community capacity in this area.\*

Baseline: Based on analysis of reports on pre- and post-test results to ascertain current percentage change in knowledge from aggregate

Target: To be obtained from the baseline pre- and post-test results

***Focus Area: Increase behavioral health literacy and decrease stigma.******Strategies:***

1. Launch a public education campaign aimed at promoting mental health awareness, social and emotional skill building, and resiliency. Build on proven effective campaigns.
2. Develop cross-leadership team.
3. Enlist providers and schools via health or physical education classes.
4. Research mandatory mental health education/curriculum in schools.
5. Promote and increase awareness of Illinois State Board of Education social and emotional learning standards.



**GOAL 6: Improve response to community violence.****MEASURE (by 2021):**

Increase mental health outreach to communities with the highest rates of violence.\*

***Focus Area: Responding to community violence.******Strategies:***

1. Identify communities across Illinois with the heaviest burden of violence.
2. Train community leaders, community-based organization, spiritual leaders, etc. on Critical Incident Stress Debriefing (CISD).
3. Develop crisis response teams, like the Federal Emergency Management Agency (FEMA) Community Emergency Response Team (CERT), which include clergy, community agencies, and health care providers.

## Chronic Disease Action Team

### Definition

Chronic disease is a long-lasting condition that can be controlled but not cured and affects the population worldwide. Chronic disease is described by the Centers for Disease Control and Prevention (CDC) as the leading cause of death and disability in the United States. At a national level, chronic diseases are responsible for seven of ten deaths each year, equaling 1.7 million deaths. Additionally, chronic disease treatment accounts for 86% of our nation's health care costs. The CDC includes heart disease, stroke, cancer, diabetes, obesity, and arthritis as some of the most common and costly chronic disease conditions.

### Background

Chronic disease was identified as a health priority by the SHIP Planning Council for several reasons. It was a frequent priority for both local health departments and hospitals identified during the State Health Assessment process. Of 511 priorities raised by 120 not-for-profit hospitals, 152 related to chronic disease or related risk factors. Additionally, the State Health Assessment found that half of the top ten local priorities identified by local health departments related to chronic disease. Importantly, there is also alignment across many state agencies that chronic disease is a major health priority.

Health indicator data shows continued poor health outcomes related to chronic diseases. The two leading causes of death in Illinois are chronic diseases: heart disease and cancer. These diseases each account for approximately 24,000 deaths in Illinois each year. The subset of deaths due to ischemic heart disease accounts for approximately 13,000 deaths in Illinois annually. The age-adjusted mortality rates for ischemic heart disease and for cancer were each close to the corresponding Healthy People 2020 objectives. However, the death rates for non-Hispanic blacks in Illinois are higher than the benchmark for each cause of death. Hispanics had lower mortality rates for both heart disease and cancer compared to non-Hispanic blacks and non-Hispanic whites.

In 2014, the percent of Illinois adults that reported having diabetes was similar to the percent of adults who report diabetes nationally, at 10.2% and 9.7% respectively. A higher percentage of both non-Hispanic blacks (14.0%) and Hispanics (12.7%) report having diabetes compared to non-Hispanic whites (9.1%).

Risk factors associated with chronic diseases include but are not limited to obesity, smoking, and physical activity. In 2014, almost one in three Illinoisans were obese. Approximately two of five non-Hispanic black adults were also in this category. Approximately one in five children in Illinois were obese, with closer to one in three non-Hispanic black children in Illinois being in this category.

Smoking is perhaps the most well established risk factor for a wide array of negative health outcomes. Overall, one in six adults in Illinois reported being current smokers in 2014, and one in four non-Hispanic black adults reported smoking. Among pregnant women, smoking rates are lower, but still unacceptable as approximately 10% of pregnant women report smoking.

Physical activity is also recognized as an approach for preventing chronic disease and disability. Around a quarter of adults in Illinois reported engaging in no physical activity in 2014. Among children, the percentages are lower, but every child should be engaging in at least some vigorous physical exercise.

### Action Team Background

The Chronic Disease Action Team included nearly 40 organizational representatives from state, regional and local agencies from multiple sectors including health care, governmental public health, transportation, non-profit agencies and academia to discuss a coordinated Chronic Disease Health Improvement Action Plan. The SHIP Chronic Disease Action Team was the first time a statewide collaborative approach was undertaken to address risk factors for multiple chronic diseases with the support and input of multiple agencies.

The Action Team first convened in December 2015 and then held eight meetings. The group also completed two surveys to help gather additional statewide information on existing resources for chronic diseases; prioritize the final risk factors that were then turned into the final action plan goals; and to discuss the vision of the group's future. An in-person meeting was held in early February to consider partner organizations' agendas and plans, along with national evidence-based and best practices. Individuals representing statewide or regional organizations presented their prevention agendas. The four goals that were ultimately selected address the primary risk factors associated with chronic disease.

Health outcome measures were selected for each of the goals to ensure the ability to monitor progress over time. All outcome measures were selected from the State Health Assessment Core Indicator list. Throughout the process, the group considered initiatives that were already underway throughout the state and looked for existing alignment across organizations. In general, a policy, systems, and environmental (PSE) framework was adopted to recommend comprehensive statewide approaches to sustainable change toward health improvement.

Nearly all of the goals also have elements of infrastructure building and it was generally agreed upon to recommend broader public health system infrastructure improvements for the areas of assessment, data sharing and use, training and communication, plan alignment, and evaluation across all areas of the plan.

#### Chronic Disease Goals

1. Increase opportunities for active living
2. Increase opportunities for healthy eating
3. Increase opportunities for tobacco-free living
4. Increase opportunities for community-clinical linkages



## Focus on Implementation: Complete Streets

### Rationale

Getting regular exercise can reduce the risk of heart disease, diabetes, cancer, injury, and depression.<sup>17</sup> In 2014, around a quarter of adults in Illinois reported engaging in no physical activity and over 8 percent of children 6 to 17 reported not engaging in physical activity in the last week for at least 20 minutes that made [him/her] sweat and breathe hard (IDPH SHA Databook). Walking or bicycling is an effective way to get regular exercise, but many residents of rural areas lack safe ways to travel to school, work, or errands without a car.<sup>18 19 20</sup>

### The evidence and best practice

To increase physical activity, the CDC's Community Preventive Services Task Force recommends making walking easier through changes to street design and zoning. Complete Streets is a planning and policy approach that provides for the needs of all users in the design of community streets.

Complete Streets projects make community improvements such as adding sidewalks and bicycle lanes that can increase frequency of exercise by 48.4% and promote weight loss when combined with health education.<sup>21 22</sup> Narrowing traffic lanes and adding bike lanes and trees increase safety for pedestrians by making safe crossing easier and calming traffic.<sup>23 24</sup>

### Building on strengths: SHIP Implementation

Complete Streets is a well established strategy in Illinois to increase physical activity and reduce chronic disease risk factors. For example, 219,267 residents were reached with Complete Streets policies or resolutions as a part of the IDPH's WeChooseHealth Initiatives from 2011-2014. In addition, the Illinois Department of Transportation (IDOT) and Active Transportation Alliance (ATA), among other partners, continue collaborative work towards implementing Complete Streets Policies across the state.

Opportunities for increasing adoption of Complete Streets Policies remain, including building on the existing successful work of ATA, IDOT, and other partners. One of the goals established by the Chronic Disease Action Team was to increase opportunities to promote active living by adopting policy, systems, and environmental approaches to increasing physical activity opportunities in the built environment. The Action Team recommends a focus on transportation, to increase opportunities for

<sup>17</sup> Kahn EB, Ramsey LT, Brownson RC, Heath GW, Howze EH, Powell KE, et al. The effectiveness of interventions to increase physical activity: A systematic review. *Am J Prev Med.* 2002 May; 22(4, Supplement 1):73-107.

<sup>18</sup> Rails-to-Trails Conservancy. *Active Transportation Beyond Urban Centers: Walking and Bicycling in Small Towns and Rural America.* Washington, DC; 2012.

<sup>19</sup> Yousefian A, Ziller E, Swartz J, Hartley D. Active living for rural youth: Addressing physical inactivity in rural communities. *J Public Health Manag Pract.* 2009 May-June; 15(3):223-31.

<sup>20</sup> Smart Growth America. *Rural Areas and Small Towns* [Internet]. [cited 2014 Aug 5]. Available from: <http://www.smartgrowthamerica.org/complete-streets/implementation/factsheets/rural-areas-and-small-towns/>

<sup>21</sup> Kahn EB, Ramsey LT, Brownson RC, Heath GW, Howze EH, Powell KE, et al. The effectiveness of interventions to increase physical activity: A systematic review. *Am J Prev Med.* 2002 May; 22(4, Supplement 1):73-107.

<sup>22</sup> Heath GW, Brownson RC, Kruger J, Miles R, Powell KE, Ramsey LT, et al. The effectiveness of urban design and land use and transport policies and practices to increase physical activity: A systematic review. *J Phys Act Health.* 2006; 3(Supplement 1):S55-76.

<sup>23</sup> Knoxville Regional Transportation Planning Organization. *Complete Streets Design Guide.* Knoxville, TN; 2009.

<sup>24</sup> Roth S. *Take Me Home, Country Roads.* Public Roads [Internet]. 2002 Oct [cited 2014 Jul 30]; 66(2). Available from: <http://www.fhwa.dot.gov/publications/publicroads/02sep/09.cfm>

physically active transportation by promoting robust policies, plans, roadway design, construction, and maintenance practices that accommodate pedestrians, bicyclists, and transit users. A key strategy includes enhancing *new and existing Complete Streets policy adoption and implementation at all levels of government*.

The Action Team recommended that together, ATA, IDOT and their partners launch action steps including to:

- (1) Conduct statewide gap analysis of proposed intervention;
- (2) Consider key priority communities based on interest and need (but acknowledge resource issues and time);
- (3) Explore partnerships with metropolitan planning agencies, state government, nonprofits, schools, academic centers, and others to undertake the work;
- (4) Promote awareness building through existing communications (e.g. IDPH, IAPO, IPHA, CMAP);
- (5) Explore ways to integrate and align training and education opportunities into existing activities and/or offer low-cost training options;
- (6) Research ways to integrate plans to align shared goals and initiatives (such as the State Bicycle Transportation Plan); and
- (7) Develop shared funding agendas for collaborative work.



## Chronic Disease Action Team Action Plan Recommendations

### GOAL 1: Increase opportunities for tobacco-free living

#### MEASURE (by 2021):

Reduce the percentage of Illinois adults reporting smoking.

Baseline: 16.7% Illinois overall; BRFSS

Target: 15.4% (5% reduction)

Reduce the rate of age-adjusted ischemic heart disease mortality.

Baseline: 91.5 per 100,000; Vital Records

Target: 89.2 per 100,000 (5% reduction)

#### *Focus Area 1: Adopt comprehensive tobacco control programs.*

##### **Strategies:**

1. Acquire funding for statewide evidence-based and best practices for tobacco prevention and cessation efforts.
2. Maintain funding for the Illinois Tobacco Quitline.
3. Enhance enforcement of the Smoke-Free Illinois Act.
4. Implement a grassroots campaign to encourage adults to stop smoking in cars with minors.
5. Implement health communication tools to denormalize smoking.
6. Increase the number of smoke-free schools, hospitals and housing units.
7. Enhance participation in the Youth Tobacco Survey at the local level.

#### *Focus Area 2: Pursue passage of state and local legislation that would raise Illinois' legal age to purchase tobacco products from 18 to 21.*

##### **Strategies:**

1. Advocate passage of a Tobacco 21 law in Illinois.
2. Conduct media advocacy by leveraging media and messaging in support of passing the Tobacco 21 law.
3. Highlight Tobacco 21 initiatives at the local level.

*Focus Area 3: Promote fiscal strategies that decrease the consumption of tobacco products.*

**Strategies:**

1. Raise cigarette taxes statewide (but outside of the City of Chicago) by \$1.
2. Introduce legislation to increase and create equal taxation on all types of tobacco, e-cigarettes, and tobacco-derived products.
3. Eliminate discounts for tobacco products.
4. Address issues of tax evasion, smuggling, and counterfeit products.
5. Reduce the sale of single cigarettes (loosies).

*“Tobacco tax increases are one of the most effective ways to reduce smoking and other tobacco use, especially among kids. Every 10 percent increase in cigarette prices reduces youth smoking by about seven percent and total cigarette consumption by about four percent.”*

Tobacco-Free Kids

## GOAL 2: Increase opportunities for healthy eating

### MEASURE (by 2021):

Reduce the percentage of obesity among children ages 10-17.

Baseline: 19.3% for Illinois overall; National Survey of Children's Health

Target: 18.3% (5 percent reduction)

Reduce the percentage of obesity among adults.

Baseline: 29.5% for Illinois overall; BRFSS

Target: 28.0% (5 percent reduction)

Reduce the percentage of adults reporting diabetes.

Baseline: 10.2% for Illinois overall; BRFSS

Target: 9.7% (5% reduction)

Reduce the rate of emergency department discharges for Type II Diabetes.

Baseline: 288 per 10,000; Hospital Discharge Data

Target: 273.6 per 10,000 (5% reduction)

Reduce the rate of age-adjusted ischemic heart disease mortality (same as for Chronic Disease, Goal 1).

Baseline: 91.5 per 100,000; Vital Records

Target: 89.2 per 100,000 (5% reduction)

***Focus Area 1: Pursue passage of state and local legislation which would create a \$.01-cent-per-ounce excise tax on sugar sweetened beverages. Ensure that revenue generated by this tax is dedicated to health, obesity prevention, and Medicaid funding.***

### **Strategies:**

1. Create a one-cent (\$.01) per-ounce excise tax on sugar-sweetened beverages (SSBs), to be paid by SSB distributors, including manufacturers and bottlers.
2. Create a dedicated Wellness Fund into which sugar-sweetened beverage tax revenues would be deposited. Allocate the Wellness Fund to healthy eating and active living efforts and to Medicaid. Allocate a portion of the revenue for Medicaid to community clinical linkages and the remainder of to supporting current Medicaid services, thus helping to address the state budget shortfall.
3. Create a public oversight body comprised of chronic disease, healthy eating, and active living experts and stakeholders to prioritize, plan, and oversee the spending of the healthy eating and active living Wellness Fund resources.

4. Promote educational campaigns to inform the public about the health problems associated with sugar-sweetened beverage consumption such as a statewide Rethink Your Drink Campaign in schools
5. Engage in the existing campaign to pass the Healthy Eating, Active Living Act (HEAL), which has a strong coalition behind it and several years of campaign efforts. Expand community engagement efforts including key stakeholders, community groups, people and champions.
6. Continue to include sugar-sweetened beverage and water consumption questions in BRFSS.

***Focus Area 2: Increase access to affordable healthy food.***

***Strategies:***

1. Conduct environmental scans of produce pricing in different communities with an emphasis on low-income neighborhoods. Analyze and report on the results.
2. Convene stakeholders and partners to advance healthier food retail efforts.
3. Promote farmers markets across the state, particularly in underserved areas.
4. Promote incentives and zoning to attract supermarkets that carry fresh produce to areas where availability is low.
5. Promote Corner Store Initiatives.
6. Support and promote community, school, and neighborhood gardens.
7. Improve quality of public school lunch standards.
8. Promote usage of food stamps for purchasing healthy foods.
  - 8a. Create a double-bucks incentive program matching funds for SNAP purchases at farmers markets.
  - 8b. Grow the use of SNAP benefits and incentive programs at farmers markets to increase retail options open to food insecure customers.
9. Establish other areas of funding for healthier food retail.

***Focus Area 3: Decrease access to unhealthy food.***

***Strategies:***

1. Create procurement policies that encourage reductions in the availability of unhealthy food in vending machines in public owned buildings, schools, and health care facilities.
2. Implement environmental scans in hospitals, large worksites, and university cafeterias and vending areas.
3. Increase the number of private and public businesses and other places that adopt standards for healthy food and beverages.
4. Implement a statewide marketing policy of unhealthy foods and beverages.
5. Modify the built environment to decrease access to unhealthy foods.
6. Promote healthy worksites (see Goal 1, Objective 3).
7. Modify the built environment in grocery stores.

***Focus Area 4: Enhance communication approaches to providing accurate and identifiable information about healthy eating to diverse populations.***

***Strategies:***

1. Enhance the Food Label Program.
2. Provide nutrition labeling around school, hospital, and worksite cafeterias and in vending areas.
3. Incorporate nutrition education at each health care visit.
4. Require and provide funding for nutrition education in public schools for children and families.
5. Promote adoption of an evidence based cooking class program.
6. Promote healthy eating programs and advertisements aimed at specific target populations.
7. Convene a collective of diverse chronic disease-related interest groups to circulate common messages and call for unified action.
8. Implement national/state campaign on healthy choices through public service announcements.
9. Promote local healthy eating behavior programs.
10. Use marketing techniques to promote healthier foods.

### GOAL 3: Increase opportunities for active living

#### MEASURE (by 2021):

Reduce the percentage of Illinois adults reporting no physical activity in the last 30 days.

Baseline: 24% for Illinois overall; BRFSS

Target: 22.8 (5% reduction)

Reduce the percentage of Illinois children who report not engaging in vigorous physical activity.

Baseline: 8% for Illinois overall; National Survey of Children's Health

Target: 7.6% (5% reduction)

Reduce the percentage of adults reporting diabetes (same as for Chronic Disease, Goal 2).

Baseline: 10.2% for Illinois overall; BRFSS

Target: 9.7% (5% reduction)

Reduce the rate of emergency department discharges for Type II Diabetes (same as for Chronic Disease, Goal 2).

Baseline: 288 per 10,000; Hospital Discharge Data

Target: 273.6 per 10,000 (5% reduction)

Reduce the rate of age-adjusted ischemic heart disease mortality (same as for Chronic Disease, Goals 1 and 2).

Baseline: 91.5 per 100,000; Vital Records

Target: 89.2 per 100,000 (5% reduction)

#### *Focus Area 1: Adopt Policy, Systems, and Environmental approaches to increasing physical activity opportunities in the built environment.*

##### **Strategies:**

1. Build and maintain bikeway and walkway systems that are integrated with other transportation systems to improve continuity and connectivity.
2. Enhance new and existing Complete Streets policy adoption and implementation at all levels of government.
3. Encourage the adoption and implementation of pedestrian and bicycle master plans.
4. Promote the integration of health impact assessments into transportation and development decisions.

5. Pursue joint-use agreements for opening playgrounds, gymnasiums, and recreational facilities and promote their use.
6. Improve recreation areas and other aspects of the physical environment to improve aesthetics and safety.
7. Promote 'smart growth' land use principles and practices through local and regional development policies and plans, zoning codes, and other mechanisms.
8. Assess the proximity of residential areas to stores, jobs, schools, and recreation areas.
9. Increase and reform transportation funding programs that support walking, bicycling, and public transit projects.
10. Develop a communications agenda to promote Active Living Strategies.
11. Develop a training agenda for Active Living to align resources and integrate training opportunities.
12. Align similar plans for Active Living to integrate and implement, where possible, shared strategies.
13. Engage local health directors and boards of health to participate in local and regional transportation planning.
14. Engage network of possible non-profit partners in Illinois, many of which support health living initiatives.

***Focus Area 2: Increase physical activity opportunities for children ages 0-18.***

***Strategies:***

1. Promote physical activity in 0-5 year olds.
2. Promote the CDC's Whole School, Whole Community, Whole Child Model.
3. Create a regional message environment to promote clarity and consistency of health promotion and public education for nutrition, physical activity, and screen time for children.
4. Expand statewide physical activity strategies in partnership with organizations that serve or influence children.
5. Increase safe-routes to school initiatives across the state.
6. Decrease the number of physical education waivers that are granted to schools.

7. Protect Illinois elementary and secondary school physical education requirement.
8. Promote minimum requirements for physical activity for children to include 150 minutes of instructional physical education for elementary school children, and 225 minutes for middle and high school students per week for the entire school year.
9. Promote the utilization of the Comprehensive School Physical Activity Program (CSPAP) within Illinois schools.
10. Encourage the Illinois State Board of Education to provide designated funding to schools to meet the state mandate for daily physical education.
11. Support the Stakeholder and Expert Task Force on Physical Education recommendations on professional development.
12. Support the Stakeholder and Expert Task Force on Physical Education recommendations to develop methodologies and tools for a statewide data system to correlate with other available data (e.g. attendance, academic performance, behavior, etc.) and use fitness scores to determine a plan of action for improving physical education programs in order to create the most benefits for academics, behavior, and health.

***Focus Area 3: Increase the number of organizations in business, health care, and government that will improve their wellness approaches through policy, systems, and environmental change by at least one of the following methods: increase opportunities to access (1) water, (2) healthy vendors, 3) physical activity, 4) health promotion programs including healthy eating and tobacco-free living, and 5) Benefit/Deductible savings.***

***Strategies:***

1. Increase adoption of worksite wellness policies including but not limited to general worksite wellness, smoke-free/tobacco-free, physical activity, healthy food and vending, breastfeeding, and benefit/deductible saving policies.
2. Implement an incentive program to promote wellness adoption in schools, hospitals, and businesses.



## GOAL 4: Increase community and clinical linkages to reduce chronic diseases

### MEASURE (by 2021):

Reduce the percentage of adults reporting diabetes (same as for Chronic Disease, Goals 2 and 3).

Baseline: 10.2% for Illinois overall; BRFSS

Target: 9.7% (5% reduction)

Reduce the rate of emergency department discharges for Type II Diabetes (same as for Chronic Disease, Goals 2 and 3).

Baseline: 288 per 10,000; Hospital Discharge Data

Target: 273.6 per 10,000 (5% reduction)

Reduce the rate of age-adjusted ischemic heart disease mortality (same as for Chronic Disease, Goals 1-3).

Baseline: 91.5 per 100,000; Vital Records

Target: 89.2 per 100,000 (5% reduction)

### *Focus Area 1: Increase community clinical linkages to prevent and manage chronic disease*

#### **Strategies:**

1. Reduce sodium intake through sodium reduction policy initiatives, e.g., restaurant menu labeling.
2. Implement home-based, multi-trigger, multicomponent environmental interventions for children and adolescents.
3. Increase the availability of evidence-based smoking cessation programs such as the Statewide Quitline, Freedom From Smoking and Courage to Quit.
4. Strengthen community health worker training and education in chronic disease management.
5. Expand self-management programs like the Chronic Disease Self-Management Program, Asthma Self-Management Program and the National Diabetes Prevention Program, and ensure that those types of programs are implemented in communities with a high burden of chronic disease.
6. Reduce out-of-pocket costs to increase preventive screenings for chronic diseases.
7. Promote reimbursement for care coordination services.
8. Promote Medicaid and other insurance reimbursement for community based lifestyle change programs such as Diabetes Prevention Program, Chronic Disease Self-Management, MEND, and Diabetes Self-Management program.

9. Assess lessons learned and the feasibility of expansion of best practices for the Illinois Community Health and Aging Collaborative, specifically Pathways to Health Point of Care Referral, as a model partnership for community-clinical linkage activities.
10. Explore governmental public health, clinical providers, and other stakeholder facilitators and barriers for community and clinical linkages for preventative linkages at the statewide level.
11. Increase data sharing and use between and among clinical and non-clinical partners as a means to identify and monitor health outcomes, identify appropriate clinical and community interventions, and assess and evaluate impact.
12. Integrate food insecurity screening and referral system in clinical settings.

## Maternal and Child Health Action Team

### Definition

Maternal and Child Health (MCH) focuses on six population health domains: 1) Women/Maternal Health; 2) Perinatal/Infant Health; 3) Child Health; 4) Children with Special Health Care Needs; 5) Adolescent Health; and 6) Cross-cutting or Life Course. Work in this area seeks to improve access to health care and delivering quality public health services to women and children.

### Background

Maternal and child health was identified as a preliminary priority by the Planning Council, and subsequently reinforced through the stakeholder engagement process across the state. During the State Health Assessment stakeholder engagement process, it became evident that organizations are already addressing maternal and child health issues through the services they provide and the populations they serve. Focus group participants noted that there is a need “to coordinate with [agencies] and make sure sound public health policies are in sync with Medicaid, WIC, and SNAP.” It was also suggested that community-based approaches should be assessed and used to address maternal mortality.

Several health status indicators reinforce the selection of maternal and child health as a priority. In 2014, for example, while Illinois’ infant mortality rates were better than the national objective for non-Hispanic whites, Hispanics, and non-Hispanics, the mortality rate for non-Hispanic black infants was approximately three times higher. Although the child mortality rates in Illinois were better than the *Healthy People* objective, the pattern over time looks similar to that for infant mortality, with persistent disparities between non-Hispanic blacks and all other racial/ethnic groups.

Maternal mortality is very rare, but like infant mortality, is monitored worldwide as a reflection of the overall health of a society. Historically, maternal deaths resulting directly from medical complications of pregnancy have been monitored, but it is becoming more typical to also document all deaths to women occurring within one year following pregnancy. In 2013, 19 Illinois women died from causes related to pregnancy itself, and a total of 54 Illinois women died within one year of giving birth from all causes combined.

Large disparities exist between non-Hispanic blacks and non-Hispanic whites, and also between Hispanics and non-Hispanic whites with respect to maternal death due to medical causes related to pregnancy itself. Only the rate for non-Hispanic whites meets the *Healthy People* benchmark. The disparities also exist, though to a lesser extent, when considering any cause of death within one year of pregnancy.

Pregnant women with severe maternal morbidity are women who have potentially life threatening conditions related to their pregnancy. Non-Hispanic black women have higher rates of severe maternal morbidity than other racial/ethnic groups, but only non-Hispanic white women in Illinois are meeting the *Healthy People* benchmark. There is no improvement in the rate of severe maternal mortality from 2010-2014, either in the rates themselves or in the racial/ethnic disparities. There is variation in rates of severe maternal morbidity across Illinois that may be related to access to care or quality of care.

Finally, approximately one in twelve infants born in Illinois are low-birth-weight, a risk factor for infant death as well as other health problems if they survive. While non-Hispanic white and Hispanic women were meeting the *Healthy People* objective in 2013, non-Hispanic black and non-Hispanic other women were not. Almost one in seven non-Hispanic black pregnant women delivered a low birth-weight infant in 2013.

### Action Team Background

The Maternal and Child Health Action Team included 20 active members representing academia, local health departments, community based organizations, insurance companies, and state agencies. The Action Team held ten meetings with the majority of them being conference calls and culminating with an in-person meeting in March. Weekly calls were also held with the co-chairs of this group to discuss meeting and process design.

The MCH Action Team grounded their work by reviewing a recent federally mandated, comprehensive needs assessment conducted for the maternal and child health Title V program. In 2015, this statewide needs assessment identified ten priority areas for the Title V program that addressed the range of MCH population health domains. Building on existing efforts, consistent with the Healthy Illinois 2021 process, the Team selected priorities by reviewing the priorities that emerged from the Title V needs assessment

The four goals that were ultimately selected represent areas where work for the Title V program could be leveraged, or where implementation gaps existed. The Team used the Healthy Illinois 2021 planning process as an opportunity to dive deeper into the Title V priorities, particularly in identifying activities needed to begin implementing strategies. The groups discussed focusing on the areas of biggest impact for this process as a way to narrow down the ten Title V priorities and select the Healthy Illinois 2021 focus areas. The group also noted that all the original priorities would continue to be focus areas of IDPH's Title V program and this set of goals was a chance to elevate particular issues.

#### Maternal & Child Health Goals

1. Assure accessibility, availability, and quality of preventive and primary care for all women, adolescents, and children, including children with special health care needs with a focus on integration of services through patient-centered medical homes.
2. Support healthy pregnancies and improve birth and infant outcomes.
3. Assure that equity is the foundation of all MCH decision-making; eliminate disparities in MCH outcomes.
4. Strengthen the MCH data systems, infrastructure and capacity.

For each of the goals, health or process outcome measures were selected to ensure the ability to monitor progress over time. The outcome measures were selected from the State Health Assessment Core Indicator list or the Illinois Maternal and Child Health Databook (a central piece of the comprehensive needs assessment) whenever possible. There was discussion amongst the group about including baseline racial and ethnic data with the measure to ensure a focus on disparities as progress is monitored in these areas. Where possible, this information is included as well.

Strategies to address these goals were selected based on the expertise of the group, taking into consideration the decision criteria for the Healthy Illinois 2021 process. Action Team recommendations range from policy, systems, environmental, and programmatic strategies to address health improvement in maternal and child health and increasing MCH capacity.

## Focus on Implementation: Improving Quality and Access to Care across the Reproductive and Perinatal Continuum

### The Rationale

Several issues related to reproductive and perinatal health, such as the rising rates of maternal mortality, stagnant rates of infant mortality, high proportions of preterm and low birthweight births, and continuing disparities in pregnancy outcomes in the United States, have led states to focus on health risks faced by women of childbearing age.<sup>25</sup> Addressing these issues is a focus for improving quality and access to care across the continuum.

### Promising Practices

In order to increase quality and access to care, several steps have been identified as critical to implementation that take into account national guidelines and best practices from other states. For example, a recommendation by the group is to increase access to early and adequate quality prenatal care as defined by American Congress of Obstetricians and Gynecologists guidelines. Additionally, other states are launching statewide programs to identify women with prior preterm birth and improve education, access and utilization of 17 Hydroxy-progesterone (17 OHP) for women with prior preterm birth.

### SHIP Implementation

There are several opportunities to strengthen work around improving quality and access to maternal and child health services. The MCH Action Team recommends building on the work of the Children's Health Insurance Program Reauthorization Act (CHIPRA) program, which developed an online perinatal toolkit for dissemination in Illinois. The Healthy Choices, Healthy Futures Perinatal Education Toolkit for providers was created through partnership with numerous MCH stakeholders. It provides information and resources for providers of women during preconception, prenatal, postpartum, and interconceptional care and can be promoted broadly across Illinois as a mechanism to increase quality of and access to care. Another recommended activity is to identify community ambassadors, home visiting/doula programs, and community health workers that can assist in referring patients to services and promote follow up for mothers and children at risk for poor health outcomes. Strong Community Health Worker programs and networks exist that could be leveraged to promote these activities.

<sup>25</sup>[http://www.commonwealthfund.org/~media/Files/Publications/Issue%20Brief/2012/Aug/1620\\_Johnson\\_addressing\\_womens\\_hl\\_needs\\_improving\\_birth\\_ib.pdf](http://www.commonwealthfund.org/~media/Files/Publications/Issue%20Brief/2012/Aug/1620_Johnson_addressing_womens_hl_needs_improving_birth_ib.pdf)

## Maternal and Child Health Action Team Action Plan Recommendations

**GOAL 1: Assure accessibility, availability and quality of preventive and primary care for all women, adolescents, and children, including Children with Special health Care Needs with a focus on integration, linkage and continuity of services through patient-centered medical homes.**

### **MEASURE (by 2021):**

Implement reimbursement of medical homes and necessary supportive infrastructure.\*

Increase the number of primary care practice sites certified by the National Committee for Quality Assurance, URAC, or the Joint Commission on Accreditation of Health Care Organizations.

Baseline: 3,495

Target: 5,000 (30% increase)

Increase the proportion of children who have a medical home.

Baseline: 56%; 2011-12 National Survey of Children's Health

Target: 61.6% (10% increase)

Increase the proportion of women of reproductive age (18-44 years old) who completed a medical visit for preventive care in the last year.

Baseline: 61.9%; BRFSS

Target: 68.1 (10% increase)

***Focus Area 1: Implement quality standards, performance measures, and reimbursement and procedures for patient-centered medical homes in managed care and fee-for-service environments, as well as technical assistance, consultation, and training resources.***

### ***Strategies:***

1. Collect evidence regarding Patient Centered Medical homes (PCMH).
2. Convene state and federal, public and private, managed care and fee-for-service payer organizations.
3. Conduct Medicaid demonstration projects.
4. Implement PCMH reimbursement through private insurance plans.

*Focus Area 2: Engage providers in understanding how to provide a medical home.*

**Strategies:**

1. Organize providers by leveraging provider organizations.
2. Increase provider education.
3. Adopt a policy framework.
4. Establish mechanisms for providers to receive financial and other supports for progress toward full PCMH certification.
5. Promote practices being certified by accreditation organizations.
6. Implement patient-centered medical home model practices in primary care residency programs.

*Focus Area 3: Promote understanding of benefits of medical homes among consumers and families.*

**Strategies:**

1. Engage consumers in formulation of PCMH policy.
2. Promote utilization of the PCMH, especially by women, infants, children, and adolescents, including Children with Special Health Care Needs (CSHCN).

## GOAL 2: Support healthy pregnancies and improve birth and infant outcomes.

### MEASURE (by 2021):

Reduce preterm birth, including a focus on disparities.

Baseline: 11.7% for Illinois overall

Target: 10.5% (10% reduction)

Reduce the rate of maternal mortality, prioritizing populations impacted by health disparities, to meet the Healthy People 2020 objective.

Baseline: 12.1 per 100,000 for Illinois overall, 18.6 per 100,000 for non-Hispanic blacks, 10.4 per 100,000 for non-Hispanic whites, and 15.0 per 100,000 for Hispanics; Vital Records

Target: 11.4 deaths per 100,000 live births

Reduce the rate of all infant deaths (within 1 year of birth) to meet the Healthy People 2020 objective

Baseline: 6.2 Illinois overall, 4.4 non-Hispanic whites, 12.2 non-Hispanic blacks, 5.8 Hispanics, 4.1 Asian/PI; Vital Records

Target: 6.0 per 1,000 births

### Strategies:

1. Increase quality and access to care across the reproductive and perinatal continuum.
2. Improve navigation from prenatal care, to postpartum care, to primary care.
3. Identify high-risk mothers at delivery and at initiation of prenatal care for additional services, support, and navigation.
4. Reduce infant mortality by leveraging existing programs and clinical opportunities.
5. Expand access to highly effective contraception.





### **GOAL 3: Assure that equity is the foundation of all MCH decision-making; eliminate disparities in MCH outcomes.**

#### **MEASURE (by 2021):**

Complete an equity self-assessment.

Baseline: NA

Target: IDPH and at least ten local health departments

Launch training on the use of the health equity toolkit to increase number of local health departments that utilize a health equity approach in their planning.\*

Launch training on the use of health equity toolkit to increase the number of state agencies that report the use of a health equity approach in their needs assessments or annual reports.\*

***Focus Area 1: Complete an assessment of state and local health departments' use of equity as a foundation or frame in decision-making.***

#### **Strategies:**

1. Establish partnerships for implementation of equity assessment.
2. Expand requirements for describing disparities in grants/proposals to demonstrate use of assessment; when appropriate, link funding awards to demonstration of completion and use of the tool.

***Focus Area 2: Ensure state agencies and organizational partners are promoting health equity in all policies and are aligned in their approach.***

#### **Strategies:**

1. Promote training resources on life course, health equity, and social determinants of health to members of boards/groups working on MCH issues.
2. Provide training to local MCH programs/entities on the health equity approach/use of equity lens by engaging IDPH health equity team.
3. Promote state agencies incorporating a health equity focus as part of funding opportunities.
4. Identify and leverage efforts where grant programs already exist to promote using this model.

## GOAL 4: Strengthen public health data systems, infrastructure, and capacity through unified statewide planning and leadership.

### MEASURE (by 2021):

IDPH will convene a statewide public health data strategy committee, comprised of internal and external stakeholders, to assess the data landscape and develop priorities for system-wide improvement.\*

Baseline: NA

Target: By Jan. 1, 2017, at least two meetings held

Data linkages will be implemented and routinely accomplished on an annual basis.\*

Baseline: NA

Target: 5 new data linkages

IDPH will increase the number of interns, fellows, EIS officers, and other public health trainees in epidemiology supported by the Department.\*

Baseline: TBD

Target: 10% increase

IDPH will increase the number of public health indicators available on public data query systems.\*

Baseline: TBD

Target: 20% increase

IDPH will add data resource list to the public website.\*

### *Focus Area 1: Overall approach to improving data systems, infrastructure and capacity*

#### **Strategies:**

1. Establish statewide data strategy committee.

### *Focus Area 2: Improve data infrastructure and systems, including improving accuracy, timeliness, and quality of data.*

#### **Strategies:**

1. Establish routine data linkages to examine health across the life course.
2. Expand data collection on MCH populations.
3. Produce a complete set of finalized vital records data files before the end of the following calendar year.

4. Support efforts to sustain improvements in birth certificate accuracy.
5. Ensure data on Children with Special Health Care Needs (CSHCN) is routinely included and updated in state data sets.

***Focus Area 3: Strengthen capacity for data analysis and reporting.***

***Strategies:***

1. Prioritize and develop an agenda for internal data analysis activities.
2. Promote partnerships to enhance capacity for analysis.
3. Create a streamlined process for allowing stakeholders to request and use public data sets.
4. Facilitate data sharing and collaboration across agencies.
5. Enhance training and workforce development opportunities for analytic staff.

***Focus Area 4: Improve reporting and dissemination of public health data.***

***Strategies:***

1. Develop reporting approaches to promote consistency across internal and external reports, such as approaches for reporting racial/ethnic disparities, geographic variation, and trend data.
2. Enhance IDPH web-based portals (e.g., iQuery, community health map/hospital report card) for timely dissemination of public health data.
3. Increase awareness of existing web-based data reports, query systems, and portals.

## Conclusion and Next Steps: From Planning to Action

With the planning process complete, focused attention must be turned to implementation. As previously noted, the SHIP is a statewide plan. It is not a plan to be implemented solely by government, or by any single sector. Success will require the continued engagement of stakeholders across disciplines and at every level in every part of the state.

### A Recommended Role for Action Teams

As the action planning process drew to a close, each of the Action Teams articulated a desire to continue to work together with the SHIP Implementation Coordinating Council. While each group had a unique approach, Action Teams identified similar visions of their role. These included a desire to:

#### Partnerships & Collaboration

- Participate in a learning collaborative
- Serve as a convener to bring a broad array of public health, health care and other stakeholders working on SHIP priorities to the table
- Establish formal implementation workgroups
- Foster collaboration and partnership building
- Continue to be partners with each other on population specific issues
- Collaborate with hospitals on the community health needs assessment process and with local government on public health issues
- Support efforts to connect priorities to organizations at the state and city levels to champion work
- Share information about existing partnerships working on priority areas

#### Communication & Technical Support

- Disseminate the action plans
- Help frame and promote messaging regarding the SHIP priorities
- Provide expertise, resources, and technical assistance to families in Illinois
- Provide training and collaborate to develop a training institute for integrative behavioral health care in primary care and schools

#### Monitoring and Participating in Implementation

- Monitor progress towards SHIP objectives, including setting benchmarks for different phases of implementation
- Monitor and report on best practices
- Participate in pilot or demonstration projects
- Work toward data collection in new areas
- Implement recommendations as part of their respective organizations, including policy support.

#### Resource Development

- Increase philanthropic and federal dollars that enter the State of Illinois to fund public health initiatives
- Collaborate with other entities on federal grant applications

## A Recommended Role for State Government

### Partnerships & Collaboration

- Continue to provide a space for stakeholders to meet and support implementation
- Partner with local communities in implementation

### Communication & Technical Support

- Issue periodic written reports on progress towards SHIP implementation, including successes and identified barriers
- Intentionally link, where possible, State agency reports, plans, and other communications to the State Health Improvement Plan
- Provide technical expertise and support to organizations, coalitions, and others working to implement SHIP recommendations across the state

### Monitoring and Participating in Implementation

- Monitor implementation of all recommendations in the SHIP
- Lead implementation efforts where appropriate, e.g., data infrastructure improvements
- Set up an inter-agency implementation team to support these efforts

### Resource Development

- Link state grant opportunities, where appropriate, to the SHIP priorities and recommendations
- Lead and support efforts to obtain new resources to implement SHIP recommendations

## Lessons Learned

During the course of the SHIP planning process, several lessons were learned about the function of this plan. For instance, the systems of preventive and clinical care often still operate separately, making the work to integrate these systems difficult. Another challenge is a tendency to focus on health issues as opposed to system issues or structural issues that often require a long-view to undertake. Structural factors like the social determinants of health require time, resources, and dedication. It also takes time to build collaborative groups, both for the guidance of a planning process and for action or implementation planning, alongside overall coordination of the entire process. Further, taking full advantage of the rich data sources available in the state in order to understand and monitor progress requires a more integrated approach to data use than is currently in place.

Nonetheless, the asset based approach taken in this planning process resonated with the groups, and created an opportunity for connectivity. The planning process also allowed groups to focus more on implementation. For example, where strategies have already been proposed, this time allowed stakeholders to focus on what would be needed to put them to action. Finally, the process was an opportunity to build awareness around the health priorities and strategies to address the priorities.

The State Health Improvement Plan is a living document and is intended to be monitored and built on during the duration of the plan. The goals, objectives, and strategies are an important starting point for work towards addressing the health priorities. The recommendations should be used for implementation, but reflection and improvement is encouraged. The SHIP should be used by public health system partners as overarching statewide goals and objectives for health improvement in priority areas with which organizations can align their work, or that partners can use to identify strategies and practices for their own health improvement efforts.